

www.TheEAP.com



More Benefits for You and Your Family

888-327-8900 or 800-252-4555

COUNSELING SERVICES

Available 24 Hours a Day

Family Matters
Depression
Stress
Critical Incident Stress
Loss & Grief
Domestic Violence
Substance Abuse
Gambling Issues

ON-LINE RESOURCES

Common Grief Stages
Substance Abuse Test
Depression Symptoms
Stress Management
Controlling Anger
Domestic Violence Warning Signs
Returning Military Issues
Suicide Facts
Mental Health Matters
Post Holiday Blues
Mental Health Links

Wellness Center

Health Risk Assessment
5 Steps - Quit Smoking
SAD - Seasonal Blues
Weight Loss
Health & Medical Links
Nutrition: "5 A Day"

PET RESOURCE CENTER

TOOLS FOR TOUGH TIMES

Resources for Managing Economic Concerns

PARENTING RESOURCE CENTER

WORK/LIFE

Child Care Facilities & Links
Choosing a Daycare
Adoption
Children with Special Needs
Elder Care Facilities & Links
Personal Assistant
Caregiver Resource Center
Family Issues Links

Legal

Family Law
Child Custody
Juvenile Law
Criminal Law & Courts
Tenants & Landlords
Wills, Trusts & Probate
Divorce

Personal Finance

Debt Warning Quiz
Home Buying, Financing
Debt & Your Rights
Social Security
Credit
Bankruptcy
Financial Planning
Education & Tuition
College Finances
Tuition Searches

LIFE STYLE BENEFITS

Bally Total Fitness & HealthTrax
Jenny Craig
Smokenders
Workouts For You (online personal trainer)
Apex Nutrition (online nutritionist)